

FRICTION REDUCING DEVICES

ABSTRACT OF THE DISCLOSURE

5 A self-adhesive bandage for prevention and
treatment of skin breakdown by relief of friction and
shear forces. The bandage includes a pair of thin film
membranes, one of which is a portion of a dome and is
free to move a limited distance with respect to the
other. The dome is located on a skin contact layer that
10 can be adhered to one's skin. A method of making such a
bandage includes forming a dome in a flexible film and
adhesively attaching a skirt surrounding the dome to a
skin contact layer. Similar friction reducing devices
may be incorporated in shoes, other clothing, or sports
15 equipment.